

SPINACH-RED ONION-MASHED POTATOES

2 persons / 453 kcal per person

Ingredients:

- 500 grams of floury potatoes
- 2 eggs
- 1 red onion
- 2 tablespoons olive oil
- 1 teaspoon of curry powder
- 200 grams of fresh spinach
- 1 tablespoon of serundeng
- pepper and salt



Preparation:

Boil the potatoes in water with salt for 18 minutes until tender. Boil the eggs for 8 minutes. Peel and halve. Cut the onion into half arcs. Meanwhile, heat half of the oil in a frying pan and fry the onion and curry powder for 4 minutes. Add the spinach in parts and let it shrink while stirring. Pour the excess liquid from the pan. Drain the potatoes and collect a cup of the cooking water. Mash the potatoes and the rest of the oil into a puree, use some cooking water to make it smoother. Add the spinach and season with salt and pepper. Serve with the eggs. Sprinkle with the serundeng.

Nutritional value per person:

Energy:	453 kcal
Protein:	15.0 grams
Carbohydrates:	50.0 grams
- including sugars:	5.7 grams
Fat:	19.9 grams
Fiber:	6.7 grams
Salt:	1.0 grams